

LIFESTYLES

HAWAII MARINE B SECTION

JANUARY 14, 2005



Above — On a clear day, even Molokai can be seen from several of the Makapuu Point lookout areas.
Right — Two adventurous hikers walk along the ridge just above the lighthouse.

as far as the eye can see



Above — A lone hiker takes the less traveled path up the 647-foot bluff.
Inset — A paved trail makes the one-mile hike to the Makapuu Lighthouse a little less strenuous.

Makapuu Lighthouse hike proves illuminating

**Story and Photos By
Staff Sgt. Ronna M. Weyland**
Managing Editor

Whether you are looking for whales migrating to the warmer waters of Hawaii or just want to see a spectacular view, the Makapuu Point trail offers the whole package.

The trail leading to the 647-foot ridge is paved and makes for an easy walk for most, including families. For the more adventure driven person, there is a trail up the north side of the bluff. This off-road trail is a little steeper and is more strenuous than its paved counterpart.

Whichever way you choose to make it to the summit, a breathtaking view of the Kaiwi Coast awaits you. From an up close view of Rabbit Island to the far away Mokapu Peninsula, beauty can be seen as far as the eye can reach.

The trail also features a lot of history. The Makapuu Point Lighthouse towers over the ocean on the edge of the island. The red and white structure, built in 1909, houses the largest lighthouse lens in America in use today. The 12-foot-high Fresnel lens is used to magnify the illumination of light projected from the bulb.

Also, along the mile-long paved trail to the lighthouse, information can be read about the humpback whales, known for migrating from Alaska every year in December to the warmer waters of Hawaii.

Upon reaching the lighthouse, those wishing to go further can follow the trail down toward the ocean's edge to get a closer view at a blowhole.

Along the ridge lie remnants of old concrete bunkers used by the Army during World War II when Makapuu Point was used as a security lookout for the island after the Japanese attack.

As with any of the other trails on Oahu, never leave valuables in your vehicle and always leave lock when unattended.

To find Makapuu Point, take Highway 72, also known as Kalaniana'ole Highway, and head south. Once past Sea Life Park, you should be able to see the lighthouse off to the left. Parking is located at the bluff's basin or further down the road at the start of the paved trail.



The Makapuu Point ridge is lined with World War II era bunkers.



Three sightseers venture close to a naturally formed blowhole. Every few minutes water spouts out of a tunnel formed under the rock.



Since 1909, the Makapuu Point Lighthouse has helped bring many ocean vessels home safely.

Mail call for deployed gets Moto

Edward Hanlon V
MCCS Marketing

Imagine being able to send a letter to your deployed spouse, family member or friend knowing that it would be delivered within 24 to 48 hours. Now that dream is a reality for spouses, mothers, fathers, brothers, sisters and friends deployed in Iraq, Afghanistan and Bahrain.

Although this may be a bit out of reach for the US Postal Service, MotoMail, a service of Super Letter.com uses the Internet to bring

news to deployed Marines and Sailors a little more quickly.

“MotoMail couples the efficiency of an e-mail with all the benefits of a letter,” said Capt. Claire Hamilton, Director of MCCS’ Marine Corps Family Team Building for MCB Hawaii. “It is a great opportunity for families to be able to communicate with their loved ones who are deployed, and for the senders to know their letters are being received



within 24 – 48 hours.”

The MotoMail communication system allows senders to write an e-mail and send them to a special machine located in each deployed area. The machine prints, folds and seals the e-mail into a tangible letter that is delivered to your Marine or Sailor in their daily mail call. The best part — delivery transit time is usually within 24 hours!

MotoMail even offers the added advantage of scanning hand-written

letters so that the recipient can see pictures or illustrations of their loved ones.

The MotoMail service is available to anyone through any personal computer with Internet access, 24-hours a day. The service is currently on-line and available. Aside from the one-day turnaround, the benefits of MotoMail are countless. The process is simple for users. It’s private because there is no human contact on the receiving end until the letter is sealed. Letters are traceable, and can be tracked from any home com-

puter.

“It is also a huge morale booster to the service member who can receive information so quickly and keep it in their pocket to reread,” added Hamilton.

Perhaps, however, the most valuable asset of this service is that it is absolutely free.

To learn more about MotoMail, or to register for the service, visit motomail.us. The registration process is simple and free. Send a piece of home to your loved ones with MotoMail.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise



Kahuna’s Bar & Grill
254-7660/7661

Kahuna’s Presents USA Boxing State Advance Tournament — Head to Kahuna’s Community Ballroom and join Budweiser and the Bud Girls for three days of hard-hitting boxing action. The action begins at 7 p.m. tonight and tomorrow, and noon on Sunday. The bar and grill will be open, so make an evening of it!

For more information, call 254-7660.

Hawaii Championship Wrestling Live at Kahuna’s — There’s going to be a brawl at Kahuna’s Community Ballroom Jan.

SM&SP

SINGLE MARINE & SAILOR PROGRAM

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in Building 1629, inside the Kahuna’s Recreation Center. Get more details on activities at www.MCCS-Hawaii.com under the “Semper Fitness” icon, or call 254-7593.

Upcoming Events

Scrapbooking 101: Learn the magic of scrapbooking on Jan. 19 at 6 p.m. Preserve your favorite photos for personal memories or as a gift.

SM&SP Benefits

- At the Tennis Courts:* You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 to make your reservations.
- At the Kaneohe Klipper Golf Course:* Practice your swing with free-range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.
- At K-Bay Lanes:* Score with games at \$1.50 each, free shoe rental (Mondays through Thursdays), and no-tap at \$15 on Thursdays at 8:15 p.m.
- At the Base Marina:* Enjoy free, unit-sanctioned “Adventure Training” with classes in scuba, power boating, water skiing and much more.
- Inflatable Game Rentals:* Sumo suits, the Gladiator Joust and the Big Bouncy boxing ring are all available for unit functions on MCB Hawaii, for only \$100 per game.

22 but the MPs don’t care. Why? Because it’s Hawaii Championship Wrestling at Kahuna’s! Beginning at 7 p.m., wrestlers will provide slamming entertainment for E-5 and below, for free! Yes, folks, we said free.

For details, call 254-7661.

Kahuna’s and Super Brawl Presents K-Bay Full Contact Showdown — Nine fights, one night, only at Kahuna’s Community Ballroom Jan. 28. Watch as contenders take each other on, in full contact, no holds barred action. For more details, call 254-7661.



Staff NCO Club
254-5481

Bosses’ Night — Roll out the red carpet for your boss tonight. Bring him or her to the club from 4:30 – 6:30 p.m. for refreshments and pupus. Show the boss a good time.

All Hands Texas Hold ’em Poker Tournament — Make your play at the Texas Hold ’em Poker Tournament. The tournament begins at the Fairways Ballroom Jan. 29 at 8 p.m.

Be sure to come early to secure your spot at the table. For more details or to sign up, call 254-5481.

Super Bowl Party — The big game is on the big screen at the Rocker Room Feb. 6. The club opens at 11 a.m., and game time is 1 p.m. The cost is only \$5 for members, and \$8 for nonmembers.

The pupu menu includes hot wings, hoagies, chips and veggie platters. There will also be half-time prize drawings.



Officers’ Club
254-7650/7649

Super Bowl Party — Watch the game Feb. 6 in the comfort of the club and in the company and camaraderie of your friends. Tickets are \$12 for members, and \$14 for nonmembers. The club opens at 11 a.m., and kickoff is at 1 p.m.

The perfect Super Bowl pupus will be available including a fajita and nacho bar, veggies, chili and more.

To sign up, call the club at 254-7641.

All Hands
Photo Exhibit Honors Dr.

Martin Luther King, Jr. — Catch the last day of the special display in honor of the great Dr. King at the Base Library.

The library’s hours are 11:30 a.m. until 8 p.m. For more information, call 254-7624.

Key Volunteer Training — Key Volunteers serve as the connectors between Command and family members during deployments. Get connected at the January training session, to be held in Building 3022, Jan. 25 – 27, 5:30 – 9 p.m.

To register, call Karen Rochon at 257-2410.

L.I.N.K.S. Session — L.I.N.K.S. is a key program for helping spouses thrive in the military community. Newcomers to the military lifestyle or even MCB Hawaii are encouraged to attend the class in Building 3074 Jan. 25 – 26 from 9 a.m. until 12:30 p.m. each day.

To register, call Ashley Slavik at 257-2368.

Ongoing

Super Bowl XXXIX Wings — Hosting your own Super Bowl party? The club will have wing platters to go including 50 hot wings, bleu cheese dressing and celery.

Keep it simple, order a platter to go and pick it up at the club on Feb. 6. No hassles, no mess!

Place your order between Jan. 3 and Feb. 6. The cost is \$25.95 for The Staff NCO and The Officers’ Club members, and all E-5 and below. Nonmembers pay \$29.95. To order or for more information, call 254-5481.



Pro Bowl Tickets Available at I.T.T. — Tickets are still on sale for the Pro Bowl. They’re sold on a first come first serve basis, so go to Information, Tickets and Tours for yours. Prices vary depending on seat selection, 254-7563.

Entertainment Books — The 2005 Entertainment Books with great discounts on all of your favorite activities and restaurants in Hawaii is on sale now. The books cost \$30 and are great gifts.

For more details, call Information, Tickets and Tours at 254-7563.

Fix it Yourself — Want to do a little work on your prized vehicle, but don’t have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Call 254-7674 for more information.

Mega Video — Check out these weekly rental specials.

Monday — Rent one new release, get one category movie free.



Tuesday — Rent a video game at regular price and rent a second one for \$2.50.

Wednesday — Rent three new releases (VHS or DVD), receive an extra day rental.

Thursday — Rent one DVD at the regular price, rent the second one for \$1.75 (includes new releases).

Friday — Rent family and children’s movies for 75 cents (no new releases).

Saturday — Rent any basic stock movie (no new releases) for regular price and rent the second stock movie for \$1.25.

Sunday — Rent any Sunday Special movie for \$1. (Each week is a different section. See store calendar for selected section.)

Swing Lessons — Kahuna’s Ballroom is teaching you how to dance. Every Monday, swing dance lessons will be taught from 7 to 9 p.m. The cost is only \$2 so grab a partner and get ready to twist, twirl and spin the night away.

For more details, call 254-7660.

Salsa Lessons — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna’s Ballroom every Tuesday from 7 to 9 p.m. and you will be set to hit the town. Lessons are \$2.

For more details, call 254-7660.

Mongolian Barbecue — Don’t feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers’ Club for Mongolian Barbecue and leave the work to the professionals.

Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and kick it up a notch with a sauce of your choice. Then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. For more info, call 254-7649.



Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, interisland packages, Norwegian Cruises and most recently, a five-night Sydney, Australia package.

Tradewind Travel is open Mondays – Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 2 p.m.

For more details, call 254-7413.

ASYMCA Playmornings — Children and parents are all invited to come have fun at the Armed Services YMCA “Playmornings.” Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays, from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities Building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at Building 1638.

For more details, call 254-4719.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in Building 219. Get a job or career that suits your skills, schedule and style.

For more information, call 254-7619 or visit www.mccshawaii.com/jobs-listings.html.

MCCS One Source — MCCS One Source provides active duty and their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of life. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one stop resource to finding information, finding guidance, and finding answers.

By using credentialed consultants, patrons have confidential access to prepaid educational materials and other reference resources 24-hours a day, seven days a week. Registration is easy for MCCS One Source. To create your own personal profile, log on to the MCCSOneSource.com Web site, and enter “Marines” as your user name. Then enter “semper fi” as your password.

For more interactive assistance, call a One Source consultant at: CONUS: (800) 433-6868, or OCONUS Universal Free Phone: (800) 237-42374, or OCONUS collect: (484) 530-5908. TTY/TDD access is available through (800) 346-9188.

Family Child Care — Family Child Care is a home setting child care service provider operated by MCCS Personal Services with certified providers trained in child development, nutrition, guidance and more.

Family Child Care provides a flexible schedule including evenings, weekends, and overnight care. To find a Family Child Care Provider, call the Children, Youth and Teen Program at 257-7430. To become a Family Child Care Provider at MCB Hawaii, call FCC at 257-7030.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office.

Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Alexander (R)	Today at 7:15 p.m.
Christmas with the Kranks (PG)	Saturday at 7:15 p.m.
Blade: Trinity (R)	Saturday at 9:45 p.m.
Christmas with the Kranks (PG)	Sunday at 2:00 p.m.
National Treasure (R)	Sunday at 6:30 p.m.
Alexander (R)	Wednesday at 6:30 p.m.
Shark Tale (PG)	Friday at 7:15 p.m.
Blade: Trinity (R)	Friday at 9:45 p.m.

COMMENTARY

The content of your character counts

Master Sgt. Sheldon A. Comer
Base Inspectors Office



COMER

When you hear the name Martin Luther King what do you think? Do you have images of the Civil Rights movement, images of attack dogs, lynching and protest marches? What do you honestly think when you hear the name Rev. Dr. Martin Luther King Jr.? Do you picture a high school, a bridge or a street in some urban area? Does the invocation of his name have a polarizing effect on you or do you find yourself saying, “I had nothing to do with discrimination or segregation. I never did anything to anyone.”? Does the name make you feel uncomfortable or is the name Martin Luther King a worn out cliché?

The content of your character answers these questions. As Marines, we took an oath to support and defend the constitution of the United States and we have done so faithfully for 229 years. Our national history, like that of many other nations, has had some dark times but we always seem to overcome them. The 13th and 14th Amendments, as well as the 1965 Civil Rights Act, were passed to correct errors in our national character. But laws are only as strong as the enforcement behind them. It’s the core character of an individual that gives them the courage to do the right or wrong thing.

As faithful stewards of the constitution the military has always been ahead of society in its support and defense. Also, because of our diversity, some people feel the military is the perfect subject for social experimentation. In 1982 I was a young lance corporal in Company Bravo with 1st Combat Engineer Battalion. My roommates were Lance Cpl. Patrick John Wheatly and Scott J. Maskers. Wheatly was an Irish Catholic kid from Brooklyn N.Y. and Maskers was a mid-western farm boy/metal head from Saginaw, Mich. Then me, a black kid from Detroit; this was my first duty station and my first impression of the Fleet Marine Force.

My father was also a Marine who joined in 1950. He was from Warren, Ohio, which was a melting pot of ethnic groups. Like all Marines, Dad told me sea stories of his time in service; he also told me how he faced discrimination in Boot Camp at Parris Island and later at Camp LeJeune. The reason Dad got out was because of the discrimination he faced off-base in North Carolina. To this day my Dad states one reassuring thing that was continually demonstrated to him — it was the core character of those Marines he served with. He said, “These guys always stood up for me before I had a chance to stand up for myself.” The character of those Marines and how they treated my Dad had a lasting impact on me, and in my decision to join the Corps.

Back to 1982, it was Jerry Cooney vs. Larry Holms for Heavy Weight Championship. Cooney was dubbed the next “Great White Hope.” Holms won the fight and retained the title in 4 rounds.

The result for us was a riot on the battalion grinder (the lot used for holding formations and/or ceremonies) between black and white Marines. My roommates and I were in our room asleep. We heard a frantic knock at the door and shouts down the passageway, “Race riot, race riot!” Wheatly got up and answered the door; I pulled the covers over my head fearing what would happen when the door opened. The white guy at the door said “Wheatly, Maskers, race riot, come on!” My life started to flash in front of me. Wheatly turned and asked “Hey, Comer, do

you want to go?” Maskers answered for me saying “Naw, man. We’re tired! Go away!” Wheatly’s response and expletives were more to the point as the door was slamming in the guys face. A few minutes later the black guys came to ask me the same question. I sat up and asked my roommates, “Do ya’ll want to go?” Maskers said, “Whose side are we on?” Wheatly replied, “Go the */@#% away!” My response thru the door was “Leave me alone! We’re trying to sleep!” The next morning at formation those Marines who weren’t in the brig were all dog-eared and scratched up and we all received a personal butt chewing from the battalion commander and the division commanding general.

Back in the day if you were cool with the brothers you had what’s known as “a brother card.” Now, all the brothers had to check in at the club, the chow hall etc. ... (Ask your sergeant major for a demonstration on how to check in.) The morning after the riot “no one,” would speak to us. Wheatly and Maskers’ brother cards were revoked and I was labeled a Tom because we didn’t join the riot the night before. I’ll never understand being ostracized because of the Holms & Cooney fight. It was stupid.

I grew up in the Corps as a Combat Engineer and we were known for playing pranks but, unlike the guys in Explosive Ordnance Disposal (EOD) who are always disarming things, engineers are always trying to blow something up. Friendly hazing to an engineer means a non-lethal improvised explosive device! Because of this tendency it was essential to have close friends, especially on a demo shoot or in a minefield.

So now that my roommates and I had become outsiders in the aftermath of the fight, we had to find some new friends. The Hispanics, one of the smallest ethnic groups at the time, took us in. The Hispanics had no interest in the fighting because they were cool with everybody. That was, until the Roberto Duran & Sugar Ray Leonard fight.

This was a very fractured time in our Corps and those negative attitudes along with the negative people were being discharged as fast as you could print a bad conduct discharge.

During my career I’ve seen transitions, the ups and downs and the trends that shaped what the Corps is today. I’ve seen the implementation of programs and the failures and successes of leadership. But the one thing I’ve seen and admire the most is the core character of Marines. Twenty-three years ago, if my roommates lacked moral courage and character, God knows what would have happened to us or what type of influence we would have on future Marines.

Dr. King said, “Judge me by the content of my character, not by the color of my skin.” I challenge you to find a more diverse society in America outside of the U.S. military. It’s the content of our character that makes us “the most fearsome fighting force on earth.”

Character counts. That’s why Dr. King was killed. Our core character is what makes you faithful, trustworthy and reliable. Our core character and core values are one and the same. Are you honorable, courageous and committed or are you a dishonorable coward that’s uncommitted — someone who’ll quit and run? Every man has fear, but his core character is what makes him overcome fear.

When you hear the name Martin Luther King what do you think? When you have negative or polarizing images in your head, think about the core character of people like Dr. King. Think about the Marines and Sailors you work with, those sworn stewards of the constitution, people from every ethnic group on Earth. The content of his character and the constitution is the reason we celebrate Dr. King’s birthday — not the color of his skin.

Semper Fi.

Military spouses hold blood drive to support troops

Sgt. Joseph A. Lee
Combat Correspondent

A blood drive has been scheduled to take place Tuesday from 9 a.m. to 3 p.m. at The Officers’ Club by the spouses of Kaneohe Marine and Navy officers.

The Kaneohe Officers’ Spouses Club Blood Drive For The Troops is a project to help the Marines and Sailors at their golden hour, according to Trudy Lovejoy, of KOSC.

“It’s that first hour when a blood transfusion makes the most difference to save the life of an injured soldier from shock, severe injury or trauma,” said Lovejoy. “Any blood donated at [Tripler Army Medical

Center] blood drives goes directly to support our military heroes.”

In October and November of 2004, the wounding and deaths of troops from 1st Battalion, 3rd Marine Regiment, in Iraq hit the MCB Hawaii community hard.

“We feel like one large military family here,” said Lovejoy. “Many of us at KOSC wanted to reach out and help our troops and their families. This blood drive was an immediate way to show our support for troops stationed here at K-Bay. There has already been several wounded returning from [Operation Iraqi/Enduring Freedom] that have

See **BLOOD DRIVE, B-7**



Cpl. Jess Levens

Staff Sgt. Jesse Barta, Marine Band San Diego’s drum major, leads four Marine bands through the Rose Parade in Pasadena, Calif., Jan. 1. The parade route is more than five miles, and it is the longest march the band participates in every year.

Marine band honored in annual Rose Parade

Cpl. Jess Levens
MCRD San Diego

Marine Band San Diego, combined with bands from MCB Kaneohe Bay, Hawaii; 1st Marine Division and Marine Corps Air Ground Combat Center at Twentynine Palms, Calif., marched in this year’s Tournament of Roses Parade in Pasadena, Calif., on New Year’s Day.

Marine Corps Band San Diego’s Staff Sgt. Jesse Barta led the band as drum major. The super-band of 120-plus Marines assembled before sunrise on a residential street in Pasadena, decked out in Dress Blue uniforms.

The frosty streets were already lined with spectators and sports fans in sleeping bags and on air mattresses.

Some had fires burning, and others had TVs and video games.

The Marines, the first band to march in the parade, embarked on the five-plus-mile route between floral floats and dancing cartoon characters.

Nearly everyone the Marines passed stood to their feet and applauded and yelled “Thank you” and other encouraging comments.

“The Rose Parade is really motivating,” said Sgt. Matt Garris, a Marine Band San Diego tuba player and three-time Rose Parade veteran. “We are seen by millions of people, and it’s a good feeling. People show their appreciation, and it’s really our time to shine. It’s by far the hardest march we do every year, but it’s worth it.”

DeCA welcomes babies with bundles

Robert Hansgen
Defense Commissary Agency

FORT LEE, Va. — Bundles away! As soldiers, Marines, Sailors and airmen deploy and redeploy in support of Iraqi Freedom, a mini baby boom is in the works. The Defense Commissary Agency is linking up a baby care product manufacturer with new parent support programs to help out with supply and demand at home — by delivering “baby bundles” to expectant moms.

“With the addition of a new family member, the commissary benefit and savings of 30 percent or more becomes more important to military families,” said Patrick B. Nixon, acting director and chief executive officer for DeCA. “It is also a chance to thank all the new mothers who serve on the frontlines or the home front.”

The “baby bundles,” a Gerber Baby Product initiative, are now



The Defense Commissary Agency and Gerber have teamed up to thank all new mothers and fathers on the frontlines and the home front with “baby bundles” filled with baby product samples and coupons.

Susana Choy

arriving at Marine Corps bases around the world and at Army, Air Force and Navy installations in the near future. They will be distributed through new parent support programs, which provide support and caring services to military families with new babies through

home visits, educational classes and support groups. The bundles include a baby wash and shampoo sample, pacifier, feeding plan and numerous high value coupons on Gerber product lines. Also included in the bundle is a commissary message welcoming the new

baby to the military family and outlining some of the advantages of shopping the commissary. “At Gerber, we know that deployments coupled with expecting a new baby can cause mental and financial stress on military families and we want to do our part to support pro-

grams that are helping families cope during this difficult time,” said Jim Burkley, national account manager for Gerber Baby Products. Overall, 5,000 bundles will be distributed to new parents and expectant mothers.

Deployments call for patience, reassurance

Take time to help family members cope with extra attention and affection

Kelli Kirwan
LIFELines Service Network

Deployment is something that Navy and Marine Corps families live with. It's part of your life if your spouse is a member of the seagoing services. Adults experience a whole spectrum of emotions, but we can usually discuss our feelings about the deployment and find understanding among our peers. We can learn about the roller-coaster of emotion that comes along with a deployment.

Once we understand our emotions, we can begin to adjust and prepare to combat the more difficult times. Children, however, don't always understand that roller-coaster ride. Without their permission or consent, they are loaded into the front seat of the emotional roller-coaster and taken through the loops and turns of deployment.

There are seven emotional stages that adults typically experience during a deployment. It's harder to put a label on what children go through. We can't always tell how they're feeling, and they can't always tell us what they're thinking, or what they might be afraid of.

We can help children prepare for the deployment, but in the end, we must often live in the moment with them. If one thing is predictable when it comes to children and deployment, it is that children and deployment are highly unpredictable.

Stop, look, and listen

Active listening is important no matter what your child's age. Often, you must listen “between the lines” as your children are talking. Helping them express their thoughts, feelings, and concerns throughout the entire deployment process is healthy. Acknowledging their feelings and then reassuring them that both their parents love them can

bring them comfort. A younger child who can't talk yet or is unable to put his thoughts and fears into words will instead give you clues by his behavior. You can read your child better than anyone, so it's up to you to start the conversations and give the attention and affection that will reassure your child.

Before your Sailor or Marine leaves

Even before a Sailor or Marine parent leaves, some children start to behave differently — some children act out, while others withdraw. They may become anxious at the thought of their parent leaving, and develop unfounded fears. Older children who can understand more of the current events that affect our military (and, by default, them) may develop fears that are not unfounded, and cannot easily be put to rest.

Children have an uncanny habit of asking profound questions that have no easy answers. Questions dealing with life, death, and a hundred “what ifs” in between can really test your parenting skills, but take the time to answer them truthfully and matter-of-factly. When answering, consider your child's age, emotional maturity, and ability to process tough issues. Give enough information to satisfy their questions, but be careful not to bring up additional issues or subjects they may not be ready to know about.

As the deployment draws near and the day of departure approaches, some children will become more sensitive and need to be close to their parents, so be patient if they seem needy or clingy. Others may withdraw, become quiet, and separate themselves, so be ready to spend extra quiet time alone with them if they don't want to join the family group.

In one family's experience with a deployment, some of the children expressed love and concern for the departing parent, while their 5-year-old sister acted as if the parent was merely going to the commissary for milk. The next morning, when still half asleep, the little girl asked for her daddy. Her mother explained

See *DEPLOYMENT, B-7*

Children, infirm, those left behind retain benefits

‘Agent’ authorization allows commissary benefit to continue through illness and deployments

Press Release
Division of Public Affairs, U.S. Marine Corps

FORT LEE, Va. — Having both parents deployed can be very troubling for the children left behind. But thanks to a little-known DoD directive, military children can continue to enter the friendly confines of any commissary.

Agent authorization benefits any authorized commissary shopper who needs assistance shopping or who cannot shop because of disability, illness or infirmity, as well as the children of service members who may not be available due to deployment, remote assignment or casualty.

Agent authorization is not granted by the Defense Commissary Agency. It is administered and managed by the installation commander through the local pass and identification office.

“We want to provide a touch of home for children whose parents are deployed, and often family finances are stretched to the limit,” said Patrick B. Nixon, acting director and chief executive officer for DeCA.

“Whether they're buying for a toddler or a teen, we can help the agents get the best value on groceries and personal care items by providing savings of 30 percent or more. It's just one less worry deployed parents will have.”

The agent does not have to be an authorized commissary shopper. The military member may request an agent authorization to allow the individual who is the primary caregiver for the children of deployed parents to enter the installation. Non-military primary caregivers should contact the identification card section on the installation to determine what legal

documents, such as power of attorney, may also be needed to establish proof of caregiver status.

At the same time, the individual can ask about gaining access to the installation. Upon verification of caregiver status, the individual receives written authorization from the commander's representative designating him or her as an “agent” to accompany the children of deployed parents, or to shop for someone who is unable to get to the commissary or needs assistance while shopping. Usually, the letter is for a 12-month period, but it can be extended in cases of continued hardship.

“Every situation is unique so contact the identification card section on the installation to determine what proof is needed to have an agent shop in the commissary on your installation,” Nixon said.

“In most cases you can also get in touch with the commissary's store director to put you in touch with the appropriate officials.”

To find the nearest commissary, look under the “locations” link at www.commissaries.com. All commissaries have a local Web page with directions and management contact information.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices — savings worth more than \$2,700 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.



ON THE MENU AT ANDERSON HALL

Friday

Lunch

Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
French Fried Cauliflower
Vegetable Combo
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner


Sauerbraten
Knockwurst w/Sauerkraut
Cottage Fried Potatoes
Boiled Egg Noodles
Green Beans w/Mushrooms
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar

A simple line drawing of a fork with a small swirl of spaghetti on its tines.

Saturday

Brunch/Dinner

Grilled Steak
 Pork Chop
Mexicana
Mashed Potatoes
Spanish Rice
Mexican Corn
Fruit Nut Bars
Asst. Fruit Pies

Sunday

Brunch/Dinner

Beef Pot Pie
Baked Ham
Baked Macaroni and Cheese
Cauliflower Au Gratin
Bread Pudding w/Lemon Sauce
Peanut Butter Cookies

Monday

Brunch/Dinner

Teriyaki Chicken
Salisbury Steak
Steamed Rice
Mashed Potatoes
Simmered Lima Beans
Apple Crisp
Asst. Fruit Pies

Tuesday

Lunch

Barbecue Spareribs
Veal Parmesan
Oven Browned Potatoes
Buttered Egg Noodles
Simmered Asparagus
Devil's Food Cake w/Mocha
Butter Cream Frosting
Asst. Fruit Pies

Dinner

Swiss Steak w/Brown Gravy

Baked Fish Fillets
Lyonnais Potatoes
Steamed Rice
Southern Style Green Beans
Devil's Food Cake
w/Mocha Butter
Cream Frosting
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Taco Bar

Wednesday

Lunch

Baked Ham
Chili Macaroni
Candied Sweet Potatoes
Grilled Cheese Sandwich
French Fried Okra
Bread Pudding w/Lemon
Sauce

A simple illustration of a slice of chocolate cake with white frosting, sitting on a green circular base.

Thursday

Lunch

Peanut Butter Cookies
Asst. Fruit Pies
Dinner
Baked Stuffed Pork Chops
Turkey Pot Pie
Mashed Potatoes
Steamed Rice
Calico Corn
Bread Pudding
w/Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Hot Dog Bar

Thursday

Lunch

Cantonese Spareribs
Baked Tuna & Noodles
Shrimp Fried Rice
Corn on the Cob

Pineapple Upside-Down

Cake

Asst. Fruit Pies

Dinner

Swedish Meatballs
Caribbean Chicken
Steamed Rice
O'Brien Potatoes
Simmered Brussels Sprouts
Pineapple Upside-Down
Cake
Asst. Fruit Pies

Specialty Bar

(Lunch and Dinner)
Taco Bar

A simple illustration of a taco with a brown shell, filled with green lettuce, red tomatoes, and yellow cheese.

Word To Pass



“Lord of the Dance” Comes to Blaisdell Concert Hall in April

Michael Flatley’s “Lord of the Dance,” the theatrical extravaganza that has helped catapult Irish dancing into the global spotlight, comes to the Blaisdell Concert Hall April 29 through May 8 for 10 performances. Tickets are priced at \$49 and \$59 except for the two matinees and Wednesday, Thursday night performances, when they are \$44 and \$54, plus applicable service charges. Tickets go on sale Saturday, at 9 a.m. at the Blaisdell Box Office and all Ticketmaster locations, including Times Supermarket. Call toll-free (877) 750-4400 or log on to www.ticketmaster.com. There is a 10 percent discount for groups of 20 or

more, available by calling 732-7733. The show features 40 plus dancers who deliver an eloquent and stunning interpretation of one of Ireland’s most famous legends and passionate love stories. Shows are scheduled for April 19 at 8 p.m., April 30 at 3 and 8 p.m., May 1 at 3 and 7:30 p.m., May 4, 5 at 7:30 p.m., May 6, 7 at 8 p.m. and May 8 at 7:30 p.m.

Those with Unique Military Jobs Sought for Documentary

The DoD’s Joint Advertising, Market Research & Studies (JAMRS) office is recruiting service members with different military jobs to participate in a made-for-TV documentary being shot this summer. If you or a

fellow service member has an intriguing or unique job and want to volunteer your time and story, contact JAMRS. The documentary will highlight jobs that the public may not necessarily associate with the Military. Most everyone knows the services have fighter pilots, paratroopers, and computer experts, but this documentary aims to show the public what they haven’t seen before and emphasize the vast array of experiences and training the services offer. It will also illustrate how service members found their way to that job: through a recruiter or other avenues. To nominate yourself or someone you know, please complete an online questionnaire at www.jamrs.org/programs/documentary_casting_call.php by Saturday. Candidates will be selected from nominees/applicants in late January. Editing and production will take place summer 2005. For more information, e-mail jamrsdoc@osd.pentagon.mil.

Convention Center Presents Slack Key Night

Hawaii Convention Center welcomes Hawaiian music enthusiasts to the first concert of the Hawaiian Music Night series, Slack Key Night, on Jan. 21 at 7:30 p.m. This first concert will feature slack key guitarists George Kahumoku, Ledward Kaapana, and Daniel Ho, as

well as a surprise guest. Cost is \$25 and includes complimentary pupus, punch and wine served during intermission. Parking is free and tickets can be purchased by calling 943-3500.

Performers Invited to Enter Comedic Drama Competition

The Hawaii chapter of the National Society of Arts & Letters is sponsoring a comedic drama competition on Feb. 14 at the Hawaii Theatre. The local competition offers a first place prize of \$1,000 and the chance to compete at the national convention of NSAL, which will be held at the Royal Hawaiian Hotel in May and will offer a grand prize of \$10,000. The competition theme is “Acting for Comedy.” Performance requirements have each contestant presenting two audition monologues or soliloquies from memory and in English. One selection must be from a Greek, Roman, Elizabethan, Jacobean, Restoration or 18th century British comedy or an English translation of a play by Moliere. The other selection must be from a recognized, published, modern or contemporary comic play of artistic merit and which is regularly performed (e.g., Albee, Checkov, Gurney, Simon, Hellman, Ionesco, Miller, Pinter, Wilde, Williams, etc.). The competition is open to performers ages 18 – 29 (as of May 20)

and the Hawaii deadline for entries is Jan. 31. For more details or an application, contact Sarah Richards at 791-1303 or sarahrichards@hawaii.rr.com.

Local Theatres Post Shows

If the play’s the thing for you, catch any one of the following performances:

- At Kennedy Theatre:* A traditional West Sumatran Randai folk play featuring martial arts, dance, singing, music, and pants-slapping percussion, “Luck and Loss” is a traditional coming-of-age story about love, gambling, and adventure. The University of Hawaii at Manoa is the only university in the world that produces Indonesian Randai in English. Tickets go on sale Tuesday and costs \$15 for general admission, \$12 for seniors and military, \$10 for non-UHM students and children. Tickets may be charged by phone by calling 956-7655 or purchased online at etickethawaii.com.
- At the Army Community Theatre:* Set in the waning day of the American occupation of Saigon, the legendary “Miss Saigon,” is an epic love story between an American soldier and a young Vietnamese woman. Tickets are on sale now for the Feb. 24 – March 12 shows. Tickets range from \$14 to \$25, with group discounts available and can be ordered by calling 438-4480 or logging on to www.squareone.org/ACT.

Becoming a million dollar Sailor or Marine begins with knowledge

Ann Wells
LIFELines Service Network

The easiest way to become a millionaire is to win the lottery. However, since most of us haven’t bought the right lottery ticket yet, we must travel the longer, harder road to wealth. In other words, we have to save it up, one dollar at a time.

But, you ask, how is that possible? I don’t even balance my checkbook and I’m not really sure what a mutual fund is. Where do I start?

Information about money is available in loads of different places: the Internet, bookstores, libraries, parents, and siblings. One resource available to military members and their families is the base Fleet and Family Support Center (FFSC) or Marine Corps Community Services (MCCS).

The Pearl Harbor Naval Station in Hawaii offers a program called the Million Dollar Sailor, in which participants can learn the skills needed to actually become a \$1,000,000 Sailor or Marine.

Developed in response to concerns expressed by Command Financial Specialists and financial counseling clients, the Million Dollar Sailor program is a two-day course that addresses the specific concerns of military members and their families.

The primary goal is to provide participants with the necessary tools to increase financial awareness, develop skills in managing personal finances, and enhance quality of life.

The program is designed for junior Sailors and Marines, though all ranks are welcome. Learning good money skills early benefits everyone — individual service members, their families, and the command.

The course begins with a preliminary test designed to give you a general indication of your financial savvy. Sometimes that test can be a shock — you may learn how much you don’t know. At the end of the program the pretest is revisited so you can see your progress.

During the two days, a wide variety of topics are covered in detail:

Need for personal financial management

Military members are targets for easy credit and high cost scams. When combined with a lack of personal money management skills, seri-



ous financial problems may result. Stay out of financial hot water by learning to use your money properly.

FFSC brief

The FFSC and MCCS offer a wide variety of services to benefit members and their families. From general financial counseling and budgeting for new babies to learning where to get help when you need it, the FFSC and the MCCS are no-cost resources for military families.

Pay and allowances

Knowing how much money you earn is an essential element in any financial plan. Learn to read your Leave and Earning Statement (LES), catch overpayments, follow up on underpayments or incorrect allotments, and make sure your money goes exactly where you want it to go. This is especially helpful for spouses, also.

Car loans

A car or truck is the first major purchase made by many service members. Unfortunately, it can also be the first major financial misstep. Before you set foot on the lot, consider the total cost of buying, owning and operating the vehicle.

Buying insurance

Buying insurance can be a scary thing — unless you know what you need, when you need it, how much it should cost, and what benefits it will provide.

Creating a spending plan

Reaching the last day of the month with \$6 left in your bank account is not managing your spending. You can earn peace of mind and increase your savings by knowing exactly where your money goes each month.

Savings and investment basics

You’ve gotten your spending under control,

but now what? What do you do with the money in your pocket? Maybe a savings account, a mutual fund, an IRA, a bond ... ?

Smart consumer

Be your own advocate — as an educated consumer you’ll know how to get a good interest rate, avoid buying useless warranties, eliminate unwise purchases, and stop wasting your money.

Establishing and maintaining credit and understanding your credit report

You may be tempted to ignore your credit report. It’s so easy to get credit — even family pets receive credit solicitations in the mail. (Imagine the mischief Kitty cat could do with a Visa.) But how you handle your credit is a matter of record, and can affect security clearances, home-buying options, and your long-term financial future. Know how to create and maintain a strong credit record.

Checking account management

Depending on how you use it, your checking account can be a friend or a foe. Friendship is better. Learn to balance your account and avoid penalty fees and unnecessary service charges.

According to Verdi Fujimori, education and programs coordinator at the Pearl Harbor FFSC, some of the most popular segments of the Million Dollar Sailor program are Savings and Investment Basics, Buying Insurance, and Car Buying. “A lot of participants say, ‘Had I known, I wouldn’t have bought my car,’ or ‘I got ripped off.’ ”

Since its inception in January 1999, the Pearl Harbor Million Dollar Sailor program has instructed almost 1,200 Sailors, Marines, and family members in basic money management.

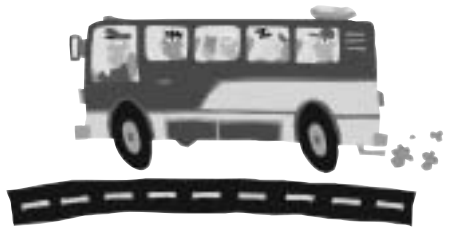
Even if you’re not in Hawaii, you can still learn about personal financial management. Contact your local FFSC or MCCS office and sign up for a class; you can request individual, classroom, or couples instruction from trained financial counselors.

You must take the first step — a book, a class, a counseling session ... whatever it takes to figure out how to make 50 cents a day in a jar turn into \$250 a month in a mutual fund, turn into a comfortable, secure financial situation for you and your family.

Liberty Bus Schedule

For more information, call Motor “T” at 257-2607.

- Fridays**
- 1st run to Waikiki**
6:15 p.m., Arrive MCX Annex
6:20 p.m., Depart MCX Annex
6:25 p.m., Arrive E-Club
6:35 p.m., Depart E-Club
7:15 – 7:35 p.m., Arrive Fort DeRussy
- 2nd run to Waikiki**
9:05 p.m., Depart MCX Annex
9:10 p.m., Arrive E-Club
9:25 p.m., Depart E-Club
10:05 – 10:25 p.m., Arrive Fort DeRussy
- Final run to Waikiki**
1:05 a.m., Depart E-Club
1:15 a.m., Arrive MCX Annex
1:25 a.m., Depart MCX Annex
2 – 2:25 a.m., Arrive Fort DeRussy
- Saturdays**
- 1st run from Waikiki**
7:50 p.m., Depart Fort DeRussy
8:30 – 8:50 p.m., Arrive MCX Annex
- 2nd run from Waikiki**
12 a.m., Depart Fort DeRussy
12:40 – 1 a.m., Arrive E-Club
- Final run from Waikiki**
3 a.m., Depart Fort DeRussy
3:25 – 3:35 a.m., Arrive E-Club
3:40 a.m., Depart E-Club
3:45 a.m., Arrive MCX Annex



DEPLOYMENT, From B-4

that Daddy had left the day before. The little girl sleepily said she missed her daddy and didn’t want him to leave. The mother took the opportunity to tell her daughter that she missed Daddy too (validating the little girl’s feelings), and that he would be home when they got to the big heart circled on the calendar (reassuring that all would be well). The child’s detachment had only been a coping mechanism to help her deal with what she could not comprehend — her home without her daddy for six months.

In the beginning

As the deployment begins, the whole family works to establish the new routine. Children may test the parent left behind to find out what they can get away with. Everyone is readjusting to help fill the empty space left by their Sailor or Marine. It’s important to establish structure and routine as soon as possible. Don’t be surprised if some of the kids become melancholy, and their grades begin to slip. Other children may display defiance and belligerence. Younger children may regress back to bed-wetting or “accidents.” Clearly defined limits will give children a feeling of security at a time when they

may feel the most insecure but can’t express it in words.

During the deployment

Life will settle down into some semblance of routine and normalcy. Don’t get too comfortable, though. Someone forgot to tell the children that this is the time to stabilize and hit their stride. Most of the time things do settle down, but keep watching for signs of distress in their behavior and attitude. If you feel your children are having more difficulty adjusting than you think is normal, consult the counselors at your Fleet and Family Service Center or the Marine Corps Community Services.

Your Sailor or Marine is coming home

As homecoming approaches, don’t be tempted to let things slide. The reunion can be as unsettling for children as the departure. Don’t worry that all the projects were not accomplished or that you didn’t meet the goals you may have set. Your children will take their cue from you. Happy anticipation is better than stressful worry about the fast-approaching reunion.

Welcome back

If you thought the roller-coaster ride

had stopped the day the ship pulled in, then you’re in for a surprise. There will be a honeymoon period, but then the reorganizing of the family begins. The children may resent being disciplined by their returned parent and react in various ways. They may need time to adjust to having to answer to two “big people.” Children may have great anxiety when the Sailor or Marine first returns to duty. They need to be reassured that they will see their parent again that evening. Other children may not be able to wait for their Sailor or Marine to go back to work because their routine has been upset once again. Communication helps children deal with their feelings when it comes to deployment and the reunion. Encouraging your children to talk (and really listening to them thoughtfully) will help you help them with those sudden dips and turns. The parent at home is the emotional rudder that steers the family through the deployment. You have a great effect on how your children handle life in the Navy or Marine Corps, and how well they handle deployments. If they know you’re there beside them on that roller coaster, they won’t be as afraid the next time they have to take that first big hill.

BLOOD DRIVE, From B-3

been admitted to Tripler.” According to Lovejoy, military treatment facilities are always in need of blood donations, and it is also important to the spouses and friends of military members to feel like they can support them in some way. The blood donated on Tuesday will be going to military treatment facilities around the world. It will be used to support facilities in the Pacific as well as Iraq and Afghanistan. Some blood will remain at Tripler if needed. According to Lovejoy, no particular blood types are needed, however, there is a short screening process people will go through Tuesday, to make sure they are eligible to donate blood. “This is a first-time event for KOSC. We hope the drive goes smoothly and no one gets turned away because of timing issues. KOSC is going to try to make this a bi-annual event. “That being said, I would encourage individual units aboard MCBH to sponsor their own blood drives through Tripler every four to six months. They are always glad to participate and do most of the work,” said Lovejoy. The Blood Donor Center at Tripler Army Medical Center is located in room 2A207. “In peaceful times or times of action, blood is always needed to support our military community,” she added. All interested donors are welcome to come, and child-care will be provided on-sight, according to Lovejoy. For more information on this blood drive call 254-2656. Additional blood drive information can be found by calling the Blood Donor Center at 433-6148/6195.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Vehicles

’97 Ford Expedition, with low miles, in great condition. Asking \$16,500 OBO. Call 224-5866.

’95 GT Mustang, with low miles, in great condition. Asking \$8,000 OBO. Call 224-5866.

Free Makepono Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free, should consist of no more than 20 words and will appear in two issues of the **Hawaii Marine**, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the **Hawaii Marine** office. The deadline for submitting ads to the **Hawaii Marine** is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Mondays through Fridays between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay. Makepono may be used only for noncommercial classified ads containing items of personal property. For more information, call the **Hawaii Marine** office at 257-8836 or 257-8837.

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Sempertoons

By Staff Sgt. Charles Wolf

